

# Grimes Parks & Recreation Department

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[www.grimesiowa.gov](http://www.grimesiowa.gov)



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## Grades 5/6 Grimes Rec Basketball League Rules

1. Coaches will be on hand to sub and teach within their bench area. The goal is to have adult officials for the games. Please treat them with respect.
2. 10 Foot Baskets and 28.5 basketballs used.
3. Half Court, Man to Man Defense Only
4. Play defense with your feet - No reaching in
5. Two 22 minute halves with a 3 minute half-time - Running Clock  
\* Stop the clock the last 2 minutes of each half
6. No Double Teaming unless in the lane
7. Everyone plays the same amount of time.
8. Shake hands after the game
9. Jump ball starts the game, alternate possession after.
10. 3 Time-outs per game.
11. Shoot free throws on shooting fouls only in the last 2 minutes of the game. Otherwise, the ball is taken out of bounds. Coaches will sub if a player continuously fouls.
12. No 3 point goals
13. Score will be kept. If a game becomes lopsided (more than 20-point lead, the scorekeeper will stop keeping score. In the case of a tie, overtime will be two minutes. One more timeout is given for each team. 2nd OT is sudden death.

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.  
ABSOLUTELY NO ARGUING WITH OFFICIALS!**